

The Most Important Reason(s) I Want to be Tobacco Free

1

MY ACTION PLAN:

GET READY

- Set a quit date and stick to it – not even a single dip or puff!
- Think about past quit attempts.
- What worked and what did not?

2

GET SUPPORT & ENCOURAGEMENT

- Tell your family, friends, and coworkers you are quitting.
- Talk to your doctor or other health care provider.
- Get group, individual, or telephone counseling.

3

LEARN NEW SKILLS AND BEHAVIORS

- When you first try to quit, change your routine.
- Reduce stress.
- Distract yourself from urges to use tobacco.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.



4

GET MEDICATION AND USE IT CORRECTLY

- Talk with your health care provider about which medicine will work best for you.

5

BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS

- Avoid Alcohol.
- Be careful around other tobacco users.
- Improve your mood in ways other than using tobacco.
- Eat a healthy diet and stay active.

HELP

HELPFUL RESOURCES

American Cancer Society:
1-800-ACS-2435

or access Quitnet at:
WWW.QUITNET.ORG/QN_MAIN.JTML

To Quit Spit:
dccps.nci.nih.gov/TCRB/spit_default.html



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